

BEDFORD DAY 2011

SEPTEMBER 17, 2011

PARADE: BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way. Parade steps off at 10:30!

FAIR: Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair! The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex.

LIVE PERFORMANCES: Local talent will take the stage behind the playground (performances TBD... check the Recreation Department website– www.bedfordrecreation.org). Dancetime will coordinate the performances and Dancetime's Starette Dance Company will be featured.

OTHER BEDFORD DAY ACTIVITIES INCLUDE:

FREE HEALTH SCREENINGS: Emerson Hospital will again be providing FREE health screenings to our community at "Bedford Day" on Saturday, September 17, 2011 from 9:00 am to 3:00 pm.

The following FREE Screenings will be offered:

- Full lipid cholesterol screening (A 12 hour fast is required. No food or drink except water or alternatively, a total cholesterol screen will be taken.).
- Prostate specific antigen (PSA) screening for the men.
- Blood sugar (diabetes) screening.
- Thyroid screening.
- Pulmonary Testing
- Blood pressure readings will be provided via Bedford Board of Health community nurse, low background noise permitting.

The Emerson Hospital and Bedford Board of Health booth will be staffed at 9:00 AM to draw your blood.

Be reminded, parking vehicles at the Town Hall will be prohibited. People coming to the Emerson Hospital Bedford Day tent at 9:00 AM for their health screenings must park their cars behind the Library or on Great Road, i.e. NOT at town hall.

FRIENDS OF THE BEDFORD PUBLIC LIBRARY BOOK SALE: Friday, September 16: 1:00 to 5:00 pm, Saturday, September 17: 10:00 to 4:00 pm, Sunday, September 18: 1:00 to 4:00 pm.

17th

DANNY OATES MEMORIAL 5K ROAD RACE & 2.5 K FITNESS WALK

September 17, 2011

(To Benefit the Danny Oates Memorial Scholarship Fund)

The 17th Danny Oates Memorial 5K race and 2.5K walk will be held September 17 at the John Glenn Middle School in Bedford MA. As part of Bedford Day, the race starts at 8:30 (registration at 7:30) to make sure participants can get to the parade and fair in plenty of time.

By popular demand, the Kids Fun Run will return prior to the 5k. Sign up at 7am, and the kids run at 7:30 on the field. All kids get a medal!

The Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship. The race has added over \$43,000 to the scholarship fund since 1998.

In addition, we offer race sign-ups and pre-race number pickup on September 16 at Greater Boston Running Company in Lexington between 3 and 7 pm. Stop in the store that day for a special Danny Oates Memorial discount on your purchase!

For additional information and registration please visit www.dannyoates5k.com

BEDFORD ARTS AND CRAFTS SOCIETY'S 11TH ANNUAL REGIONAL ART EXHIBIT: The 11th Annual Regional Art Exhibit will be held in the Union Room at the Town Center from 11:30 a.m. to 3 p.m. Art work will be received on Thursday Sept. 15th, from 9am to 12:30pm. (entry fee \$10 for BACS members and \$12 for nonmembers). It will be judged for awards, and hung that afternoon. The show is open to the public on Friday the 16th during Town Hall business hours, 8am to 4 pm; and on Bedford Day, September 17, from 11:30 a.m. – 3:00 p.m. as well. Awards will be presented at 1:00 p.m. on September 17. More info is available on the applications, which can be found in the yellow Town Center Building, the COA, Town Hall and the Bedford Public Library.

BEDFORD DAY SEVERE STORM INFORMATION:

The Town of Bedford Bedford Day Fair and Parade are held rain or shine. If we encounter weather that is severe and threatens the safety of participants, the events will be postponed to Saturday, September 24. The decision to postpone would be made by 7:00 a.m. on September 17 and the information would be posted on the Town website (www.bedfordma.gov) and recorded on the Recreation Department answering announcement (781-275-1392).

The Severe Storm date applies to the Bedford Day Fair and Parade Only! The Road Race, Art Exhibit and Book Sale will be held rain or shine.

Please note that handicap parking for the Fair will be in front of the Library in posted spaces.

Questions? Please contact Bedford Recreation Department (781-275-1392)
www.bedfordrecreation.org